As with every simulation that we have had, I always feel anxious and nervous because of the unexpected situations that may arise. I feel like I participated enough, although there might be things in the scenario that I didn't pick up. I start to freeze or mumble and tremble my voice when I get nervous, and I can't think straight. I think all the scenario that I was a part of did not go well as I expected. I believe that it could have gone smoother. Being able to complete all the universal competencies and properly administer the patient's medication are some of the things that went well. Some things that did not go well was with my communication with my patient. I could have provided more ways to ease them and checked all the orders and utilize my resources appropriately. I could have asked the provider for a prn med to ease down the anxiety Having the chance of being a patient really gave me an insight of someone having a mental issue. It made me realize how complex it truly is to care for someone with mental health issues as you don't know all their triggers and sometimes, they are not coherent enough to understand what you are asking. I notice how their moods can change quickly on how the nurse handles them. This week definitely change the way I think about mental health. It takes a great deal of patience and compassion to be able to care for them. This experience definitely made me gain knowledge on how to deal with psychiatric patients in the future. It made me think of how I can fully utilize my resources and learn coping techniques to ease my patient. This experience helps me know what I need to work on to become a better nurse in the future.